



BRIGHT SPOT
HERD'S ASHLEY HAS
15 POINTS IN LAST
12 GAMES {page 35}

MYLES OUT IN FRONT
HALIFAX SINGER
PICKS UP FIVE ECMA
NOMINATIONS {page 8}



END GAME

ROGEN SAYS GEORGE LUCAS FEARS 2012

{page 32}



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Weekend, January 21-23, 2011
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► Debra Gilin Oore holds a sign in support of midwives during a rally Thursday at Province House.

Mothers rally for midwifery

► IWK suspended pilot program Dec. 17 ► Health department recently received report evaluating program

JENNIFER
TAPLIN
@METRONEWS.CA

They came, with their babies in snowsuits, to voice their outrage over the absence of midwives in HRM.

About 200 people rallied outside Province House Thursday because they're upset the midwifery pilot program at the IWK was suspended because of staffing shortage. It leaves about 60 pregnant women suddenly without midwives.

"Having lost her at this stage of the pregnancy, being seven months pregnant, I feel that I'm on my own," said Janelle Diamond.

"I'm going to have to get a doula, I think, and that's something I'll have to pay for."

For Debra Gilin Oore, it means she won't be able to have a home birth with her second child, as she did her first.

"I think the level of physical and emotional support a midwife provides is light years ahead of what a conventional birth can provide," she said.

Health Minister Maureen MacDonald told the crowd any pilot project is not without its challenges.

"Although we've hit a bit of a rough

"I think there's a lot of us, and there's a great demand for midwifery in this province. I think Canada has been progressive in integrating midwifery but Nova Scotia is lagging behind."

DEBRA GILIN OORE, PREGNANT MOTHER

patch in the rolling out of this program, we will stick with midwifery as part of our health-care system," she said.

Jocelyn Vine, vice-president of patient care at the IWK, said in an email that the organization recently extended the midwifery suspension due to "continued staffing challenges."

Rally organizers said the last remaining midwife had to go on leave because she had no supervisor.

"Currently, we have vacancies for two full-time positions within our midwifery program," said Vine. "We are actively recruiting and hope to be back up to full staff complement soon. In addition to a local search, we have advertised across Canada and we are exploring international recruitment options."

Tories mark five years in power

Looking back at a half-decade under Harper {page 13}

Hollywood heads to Utah

Prestige flicks gather steam at Sundance Film Festival {page 24}



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► Refugee ship was two days' sail from Halifax when Canadian government refused it sanctuary ► Passenger list of MS St. Louis inscribed on back of memorial ► Many dignitaries at Thursday's unveiling



'Perpetual memorial of regret'

JENNIFER TAPLIN
@METRONEWS.CA

The latest memorial unveiled at Pier 21 doesn't proudly illustrate Canada's welcoming arms to refugees and immigrants.

Instead it's a symbol of the hateful and racist policies that turned away more than 900 Jewish refugees desperate to escape Germany in 1939.

The MS St. Louis was called the "voyage of the damned" because the ship was turned away from Cuba, the U.S. and Canada then forced to sail back to Europe.

"Canada was the last country to reject their cries for help before they headed back to Europe, where many of the passengers would die in the ovens and gas chambers of the Third Reich," said Irving Abella, author of *None is Too Many*.

"This memorial will re-

"I hope this memorial will call to mind for all those who see it the promise and the potential for all those who never made it to Canada."

JASON KENNEY, MINISTER OF CITIZENSHIP AND IMMIGRATION

Partnership

Unlike the passengers on the MS St. Louis, Mark Freiman was welcomed at Pier 21, albeit after the war.

The national president of the Canadian Jewish Congress said the partnership between the Jewish community and the Canadian

government that created the memorial would have been "unimaginable" in 1939.

► "Even as it commemorates a dark chapter within our not-so-distant past, it also provides in its conception, development and execution object lessons in brotherhood, sympathy and generosity," he said.

was turned away. The memorial is called the Wheel of Conscience.

It was created by Daniel Libeskind, former Pole and child of Holocaust survivors.

He said he wanted to explore the elements that drove the tragedy. He added the memorial is

made of stainless steel so people can see their reflection in order to examine their own feelings.

Nova Scotia Lt-Gov. Mayann Francis said the St. Louis rejection remains "raw" in this city and there is no better home for the memorial than at Pier 21.

Jason Kenney, minister of citizenship and immigration, called it a "perpetual memorial of regret" from the government and people of Canada to the Jewish community.

He also called it a gift to the living and to acknowledge the 25,000 Jewish refugees who fled to Canada after the war.

In an interview after the ceremony, Kenney said he's spoken to survivors of the St. Louis in the past and they were deeply appreciative of Canada's efforts to recognize their experience and hope the other countries will do the same.



Public urged to get flu shot

Nova Scotians who have yet to get a flu shot are being urged to do so.

"I expect, in the upcoming month, our level of flu activity will rise and that we will see cases of both H1N1 and H3N2," Dr. Robert Strang, the chief public health officer for Nova Scotia, said in a release on Thursday. "The flu can result in serious illness and the flu shot is a safe and easy method of prevention."

The flu shot is free across the province and protects against both H1N1 and H3N2.

There have been five confirmed cases of influenza since September, the release said, with the main flu strain being H3N2.

To help prevent influenza or other infections from spreading, the province advises regularly washing your hands and covering your mouth and nose when sneezing or coughing.

People with flu-like symptoms are encouraged to stay home and minimize close contact with others.

● AMY BOND

1 news



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It's been five years – what impact has Stephen Harper had on Canada? Video at metronews.ca.

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Green projects get funding

Defence Minister Peter MacKay announced \$43 million in clean-air energy funding on Thursday for three Nova Scotia companies, including \$28.1 million for Northern Pulp to expand to produce biofuels.

Another \$8.2 million was given to Nova Scotia Power for a coal-fire project that aims to use waste wood to replace 10 per cent of coal burning.

The remaining \$6.75 million is going to the Point Tupper Wind Farm project.

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Fund is for centres too, minister says

Bill Estabrooks says personal credibility and political reputation staked on five-year road plan Minister says pitting convention centre against roads is an 'unfair way' to characterize the situation



ALEX
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Infrastructure Minister Bill Estabrooks is defending applying the federal contribution for the proposed downtown convention centre under the Building Canada Fund, saying funding is available for more than just road work.

Estabrooks told reporters Thursday a "goodly portion" of Building Canada funding has been committed to road and highway projects. But he said a number of recreation centres also benefited from the funding.

And applying for \$46 million for the convention centre project will "in no way" jeopardize the province's five-year road plan, according to Estabrooks.

"We very clearly have identified the priority plans for bridges and roads," he said.

"I'm not going to jeopardize that five-year road plan ... It is, in my view, the most important thing I've done as transportation minister."

Estabrooks said while formulating the road plan, he asked staff to confirm there was enough funds to cover both the plan and the convention centre ask.

In addition...

Some projects funded partially through the Building Canada Fund, according to Nova Scotia Transportation and Infrastructure Renewal:

- Municipal projects (i.e. waste water)
- HRM Library Project
- Mainland Common
- Central Nova Civic Centre
- East Hants Soccer Field

"They said 'yes, the dollars are there.'

According to Infrastructure Canada, the Building Canada Fund is earmarked for "a stronger economy, a

cleaner environment, and better communities, while addressing local and regional infrastructure needs."

Two-thirds of Nova Scotia's \$175-million allotment has been committed to roads. The remaining \$58.3-million has been partially spent on several different projects.

In December, Transportation and Infrastructure Renewal spokeswoman Cathy MacIsaac said there was "a little bit more" than sufficient funding remaining in Nova Scotia's share to cover the federal contribution for the convention centre.

CONTRIBUTED



An artist's depiction of the proposed convention centre.

ROMAN CATHOLIC CHURCH

Settlement in sex case

A Roman Catholic diocese will pay out about \$1.5 million to six people in a sex abuse case that has been settled in southwestern Nova Scotia, a lawyer for the men and women said Thursday.

Paul Ledroit said six of eight claims were settled with the Yarmouth diocese during a media-

tion process that began last Friday in Halifax and wrapped up Monday.

The six people, whose claims were mediated separately, received varying amounts of money.

In an interview, the lawyer expressed disappointment over the amounts, but he said ultimately the legal process is about healing.

In a statement, the Halifax archdiocese confirmed some cases were settled, but it wouldn't discuss specifics.

THE CANADIAN PRESS

Bell to expand HRM services

The loan

Premier Darrell Dexter told reporters on Thursday he doesn't think the loan constitutes an unfair advantage to Bell over its competitors.

million.

"We're pleased to now expand this network to customers in our largest and most competitive market," said Bell Alliant CEO Karen Sheriff.

ALEX BOUTILIER

Pugwash site to get \$750,000

Organizers received the 1995 Nobel Prize for Peace.

The money will be spent to bring the property back to its original condition.

The multi-year project involves the interior restoration of the building and improvements to its grounds.

The province and several local municipal authorities will contribute an additional \$250,000 to the project.

THE CANADIAN PRESS

The federal government is contributing \$750,000 toward the restoration of Thinkers' Lodge National Historic Site in Pugwash.

The lodge is known as the birthplace of the Pugwash movement, an international effort to create a world free of nuclear weapons.

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CRIME

Men wanted in robbery

Police are asking for the public's help in identifying one of two men who allegedly robbed a woman at her home. Halifax Regional Police say on Nov. 27, a woman living on Galaxy Avenue in



Dartmouth opened her door and was confronted by two men, one of whom had a gun. Police say the men forced the woman into her residence and stole cash, electronics and jewelry. An investigation has led police to release a sketch of one of the suspects, left.

Anyone recognizing the man is asked to contact police at 490-5016. They can also call Crime Stoppers at 1-800-222-8477. ● METRO

Teens say man stole iPod

Police say a man stole an iPod from two teenage boys as they were waiting for a bus on Tuesday at the Captain Williams Spyre Centre in Spyfield. The man, according to police, indicated he had a gun, although none was seen. He then grabbed the iPod and fled the area.

There have been no arrests. ● METRO

Two charged in drug bust

A 30-year-old woman and 47-year-old man from Halifax are each facing charges of drug trafficking.

Police conducted a search of a house in the 600 block of Bedford Highway.

It resulted in a quantity of crack cocaine and ecstasy being seized.

● METRO

Jennex looking at the cost of education



RYAN TAPLIN/METRO

► Education minister says any cuts will be targeted in spring budget

Education Minister Ramona Jennex said the province will examine teacher attrition as one of the ways to cut education costs.

Jennex told reporters Thursday the government anticipates 1,000 teachers will retire over the next three years. She also said the province will have 7,000 fewer students.

"It is a challenge, but during that challenge it provides us an opportunity to use the attrition along with our declining enrolment to make a better balance," she said.

Jennex said she'll be calling a meeting with school board superintendents in the coming days. She hopes the meeting can take place as early as next week.

The province's eight school boards have been asked to undertake a "plan-

No closures

► Education Minister Ramona Jennex said there is currently no plan to reduce the number of school boards in the province. "My mandate right now is to make sure we're working together with the school boards to provide appropriate and good education to every student in every board."

ning exercise" of presenting different scenarios of how their operations would be affected by a 22 per cent funding cut over three years.

Jennex said she has received "positive," "very good" ideas and scenarios from school boards as to how cut spending.

● ALEX BOUTILIER

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SUBARU

Canadians are tweeting away the day: Report

► Twitter found to be favourite social networking application in country ► Security firm gives Canadian data for first time

Canadians are Twittering away at the office, according to a computer network security firm that analyzes traffic patterns over the Internet.

We're also big on YouTube, Facebook, instant messaging, Gmail, dating applications, and a file-sharing app from China that is notorious for spreading nasty computer viruses.

California-based Palo Alto Networks collected six-months worth of network data at 34 big Canadian companies with hundreds of thousands of workers across the country.

The result suggests that when employees spend the

Not all bad

Academic research shows that employees that use social media tend to be more creative, innovative and can be more productive in the longer term.

► "You take away the tools; I don't think you take away the ability to waste time at work. We're still social. We want to interact with people," said Joe Comeau, an information systems expert.

day clicking away in front of their computer screens in their offices and cubicles, it's not all business — it's

personal, too.

That raises a host of concerns about loss of productivity, privacy, and security, experts say.

"People who like to do nasty things on the Internet are getting better at using social media tools and applications as a way of spreading malicious software," said Joe Comeau, an expert on information systems at the Ivey School of Business at the University of Western Ontario.

In 2007, the Ontario government instituted a ban on employees using Facebook and YouTube in the workplace, calling it a time-waster. TORSTAR NEWS SERVICE



► Protesters shout slogans in front of the RCD party office after the sign bearing its name was dismantled, in Tunis, on Thursday.

THIBAULT CAMUS/THE ASSOCIATED PRESS

Woman's 'bizarre' incest appeal dismissed

Ontario's top court says the case of a woman who married her son, conceived several children with him and tried to pass him off as an African prince "gives new meaning to the word 'bizarre.'" The Court of Appeal for Ontario upheld an incest conviction for a woman named B.D. in a decision released Thursday. B.D., 47, maintains she is married to a man named Prince Wafi R. Dz., a real prince and a descendant of Nigerian or Ethiopian royalty. THE CANADIAN PRESS

60

Psychiatric reports filed for the woman named B.D. said she suffers from some delusional psychosis and is "intellectually deficient" with an IQ of 60.

More of the same?

The Constitutional Democratic Rally, RCD, party was founded by ousted Tunisian president Zine El Abidine Ben Ali, who fled to Saudi Arabia last week after 23 years in power. Demonstrators have criticized the new unity government for being mostly made up of old guard politicians from the ruling party.

Photos of alleged police shootings spark probe

Kenya's largest newspaper in Nairobi published shocking images Thursday of what appear to be undercover police shooting three compliant suspects at point-blank range in the middle of the day on a busy Nairobi highway.

Kenya's Minister for Internal Security George

Saitoti said Thursday three police officers are under investigation and could face charges. Saitoti said three men died in the incident.

The photos printed by the Daily Nation newspaper were taken on a cellphone by a passing motorist.

The photos show two men lying face down and



an undercover police officer pointing a gun near their bodies. A later photo shows two men with multiple bullet wounds to the head, who appear to be dead. A third killing also apparently took place.

The incident appeared to have occurred on a well-traversed highway opposite a

busy regional airport in Kenya's capital.

The paper reported that a police commander at the scene told journalists the suspects had drawn weapons on the police and fired at them, though the photos appear to show a far different tale.

THE ASSOCIATED PRESS

Media targeted

Kenya's Daily Nation newspaper reported that after the killings, the police turned their guns on journalists at the scene and threatened to shoot them, as well.

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Sun Sea Tamils face war crimes, terror claims

► They landed on B.C. coast, now government wants them ejected ► Canadians' security a priority: Official

More than a dozen Tamils who landed on B.C.'s coast last August have been involved in war crimes, terrorism or human smuggling, say government officials who want them ejected from Canada.

The Canada Border Services Agency has referred 15 cases back to the Immigration and Refugee Board for hearings, with a recommendation to dismiss their refugee claims.

Melissa Anderson, spokesperson for the board, said Thursday the cases all involve men and 14 of the 15 are accused of being involved in a terrorist organization.

The border agency also alleges one of those 14

"They are treating our country like a doormat."

VIC TOEWS,
PUBLIC SAFETY MINISTER



► Melissa Anderson

took part in human smuggling and another was involved in war crimes.

The 15th man is alleged to be ineligible because of his criminal background.

Of the migrants who arrived on the MV Sun Sea last August, 307 people have been released and 136 remain in custody, including 11 refugee claimants whose positive release decisions from the

board were overturned by a federal court.

Among the 136, there are 12 women.

Shakila Manzoor, spokesperson for the border agency, said the safety and security of Canadians is the agency's priority.

"The CBSA is exercising due diligence in the screening of all irregular migrants for both security and criminal threats," she said in an email.

Manzoor wouldn't say how many more claimants the agency would recommend the immigration board reject on the grounds they were part of a terrorist group.

During several hearings in B.C., federal government lawyers have fought the release of several would-be refugees over allegations they are members of the Tamil Tigers, a banned terrorist group.

THE CANADIAN PRESS

Classified satellite launches with rocket

The largest rocket ever launched from the U.S. west coast blasted off Thursday with a classified defence satellite on board.

The 71.63-metre-tall Delta IV Heavy Launch Vehicle lifted off from Vandenberg air force base in California, carrying a payload for the National Reconnaissance Office.

No payload details were released. But officials said the launch was a success.

Launch director Lt. Col. Brady Haubold said before the liftoff that the launch restores heavy lift capability in the western range. The last heavy lift Titan IV-B was launched at Vandenberg in 2005.

THE ASSOCIATED PRESS

2 The launch was pushed back two minutes to avoid an object in space that could have been in the path of the rocket.



► Sailing to victory? Anibal Cavaco Silva holds a replica of a fishing boat as he campaigns Thursday.

PAULO DUARTE/THE ASSOCIATED PRESS

Troubled waters?

Portuguese voters, fearing economic disaster, seem poised to re-elect a conservative economist, front-runner Anibal Cavaco Silva, as president Sunday in a vote that could make governing difficult for Socialist Prime Minister Jose Socrates.

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Liberals defend Sikhs's right to wear daggers

► Conservatives now only party that have yet to take a position on whether kirpans can be worn in legislatures

The Liberal party has defended the right of devout Sikhs to wear religious ceremonial daggers in legislatures, chiding a Bloc proposal to ban their presence in Parliament.

The announcement by Liberal Leader Michael Ignatieff on Thursday, which echoes the position of the NDP, makes it clear that any attempt to ban the kirpan would face resistance in Parliament.

That puts Ignatieff at odds with the Quebec legislature, which earlier this week barred entry to

a group of Sikhs who were wearing their kirpans.

It now appears clear that the Bloc Québécois would never receive the all-party consensus it needs to have the Commons' board of internal economy declare the kirpan a security threat.

"The kirpan is not a weapon," Ignatieff told reporters in Montreal. "It's a religious symbol and we have to respect it."

If the kirpan issue causes political dilemmas for some, the Liberals and NDP have taken an un-

equivocal line. New Democrats have already called the Bloc move shameful.

When asked about the issue Thursday, Ignatieff replied that it should be treated as a question of religious freedom rather than simply a security matter.

"All Canadians have the right to have access to democratic spaces and legislatures," he said in French.

"I was sorry to hear about the Bloc's proposals on the issue."

THE CANADIAN PRESS



► Federal Liberal Leader Michael Ignatieff delivers a speech to the Youth Chamber of Commerce, Thursday in Montreal.

BRITISH COLUMBIA

Avalanche risk high: Experts

As another powerful winter storm dumps snow

across much of B.C.'s central and eastern regions, avalanche experts are warning people to stay out of backcountry areas of the province.

The new snow is falling on mountains already heavily laden with heavy snow that fell during the past week. More than a

metre fell over the course of a 48-hour period in eastern B.C.

The Canadian Avalanche Centre says the avalanche risk is high from the alpine right into the treeline in coastal areas, and the risks are nearly the same in interior regions. THE CANADIAN PRESS

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Woman discharged in census case

A Saskatchewan woman who was found guilty of refusing to fill out the long-form census has been given an absolute discharge, but that may not be the end of her fight.

Sandra Finley says she's happy with the court's decision Thursday not to fine her or send her to jail. But she isn't pleased with the verdict handed down last week in Saskatoon provincial court by Judge Sheila Whelan.

"Am I going to jump up and down because I got an absolute discharge? Well, no, it's part of the unfolding process and her guilty verdict still stands," said Finley. "So we are going to review, once again, the grounds for appeal and my expectation is that it's most likely that we will proceed with appeal of the verdict in spite of the absolute discharge in sentencing."

Finley balked at filling out the 2006 long-form census because Statistics Canada had purchased the software from U.S. defence manufacturer Lockheed Martin in 2003.

The agency said only federal employees would have access to the data collected, but that did not assuage Finley.

Charges: Sex abuse



► Eric Dejaeger

Catholic priest Eric Dejaeger leaves an Iqaluit, Nunavut, courtroom Thursday after his first appearance for six child sexual abuse charges in Igloolik dating back to the 1970s. Dejaeger arrived in Iqaluit after Belgian authorities expelled him from the country over immigration violations.



Looking back at five years of Harper's rule

► Tories formed minority government in 2006 ► Have changed country's priorities, weathered political tumult

He won office the first time under the banner of "standing up for Canada." Now he travels the country promising to be "here for Canada." But after five years in charge, what has Prime Minister Stephen Harper meant for Canada?

On a policy level, the consensus seems to be — not much.

"When they came to power, they probably thought they would change it more than they've been able to," said Tom Flanagan, who is Harper's former chief of staff.

The realities of minority governments, the dual prorogations of Parliament that killed scores of government bills and the need to put economic management above all else saw little national change over the last five years.

What debate has existed has been over Canada's role in the world, not at home, suggested Antonia Maioni, director of the McGill Institute for the Study of Canada, at McGill University in Montreal.

Canada's environmental record, the war in Afghanistan and even the fight for a seat on the United Nations Security Council have marked the last five years, she said.

"What we've not had is a real conversation on the future of Canada as a federation and the future of Canada in terms of a more long-term strategy."

The political landscape of the country has shifted as Harper led the Tories out of rural ridings, into medium-sized cities and, in the 2008 election, into the suburbs of major ones.

"There has been over the course of his political leadership, no question, a slow and steady march of Conservative gains incrementally in those different constituencies," said Allan Gregg, chairman of the polling firm Harris Decima.

But in the great game of politics, it's still unclear what Harper would like the chessboard to look like in five years.

"Is the end game getting a majority? I don't know because he is doing pretty well with a minority. Is the end game transforming Canada on some level? Some of the things Harper has done and is doing point to that in incremental fashion," said Maioni.

"He's playing his cards very close to his chest about what his vision is in this."

THE CANADIAN PRESS

What matters to Canadians

A look at the top issues for Canadians when the federal Conservatives took office in 2006 vs. 2011 (based on polling by The Canadian Press Harris Decima).

2006 issues

- Health care: 17%
- Economy/taxes: 9%
- Leadership: 9%
- Environment: 55%

2011 issues

- Economy: 35%
- Jobs: 22%
- Health care: 15%
- Environment: 14%

Harper's most memorable moments



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Mafia hit one of the largest in FBI history

► 127 associates facing charges for offences including a killing during a botched robbery and a double shooting in a bar fight

More than 120 organized crime associates face charges including murder, extortion and narcotics trafficking in one of the largest Mafia crackdowns in FBI history, prosecutors announced Thursday.

U.S. Attorney General Eric Holder said at a news conference Thursday in New York City that the 127 defendants include high-ranking members of the Gambino and Colombo crime families and the reputed former boss of organized crime in New England. All five of New York's five major crime families were targeted.

More than 100 of the de-



► Luigi (Baby Shanks) Manocchio

fendants were arrested Thursday as some 800 federal agents and police officers made busts in several states. One person was arrested in Italy.

Other charges include al-

leged corruption among dockworkers who were forced to kick back a portion of their holiday bonuses to the crime families.

Holder called the arrests "an important step forward in our nation's fight against organized crime."

Luigi Manocchio, the reputed former head of New England's Patriarca crime family, was arrested in Fort Lauderdale, Fla., the U.S. attorney's office in Providence said. Also arrested was Thomas Lafrate, who worked as a bookkeeper for strip clubs and set aside money for Manocchio, prosecutors said.

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► Assistant Prof. Gabor Lukacs stands outside the Manitoba law courts Thursday in Winnipeg. The University of Manitoba is in court to defend its decision to grant a PhD to a student who failed an exam.

DAVID LIPNOWSKI/THE CANADIAN PRESS

Professor challenges student's PhD

The University of Manitoba says it waived a failing grade because a student was otherwise exceptional, but suffered from acute exam anxiety. The decision is being challenged by assistant professor Gabor Lukacs who says it devalues the university.

\$820M David Alward and Finance Minister Blaine Higgs have been travelling throughout the province on a pre-budget tour seeking suggestions for how to tackle a projected \$820-million deficit.

N.B. open to HST boost

New Brunswick Premier David Alward says he has always been open to considering an increase in the HST, but only if there was public demand for it.

Alward was elected last fall on a promise not to in-

crease it, a commitment he made repeatedly.

But the Conservative premier said Thursday that he would consider raising the tax if many people in the province wanted that done.

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SOURCE: Metro Life Panel Survey, January 2011, 216 respondents



'There were orgies': Tawdry wiretaps leaked

► Italy's Silvio Berlusconi denies wrongdoing

Gossip-loving Italians are devouring a feast of sexy leaked wiretaps about their prime minister, Silvio Berlusconi.

In some purported conversations, Berlusconi's house is described as a brothel with topless girls dancing around.

The 74-year-old prime minister is described as having gained weight and become ugly by one guest.

The wiretaps were ordered by prosecutors as part of their prostitution probe targeting Berlusconi and his alleged encounters with a Moroccan teenager known as Ruby.

In one purported wiretap, Ruby tells a woman she has been frequenting



► A Moroccan teenager known as Ruby has denied any sex, saying Berlusconi never "put a finger on me."

Berlusconi's house since the age of 16, but that Berlusconi "thought I was 24 years old."

A man on another wiretap says: "There were orgies ... all girls ... at the end were topless, only in their panties,"

A Berlusconi crony is heard telling a young woman to dress up as a sexy nurse and pretend to examine the prime minister as a joke.

Berlusconi has denied wrongdoing.

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Budget plan doesn't add up: Watchdog

► Parliamentary budget officer says Harper's plan to reduce spending can't be done without massive cuts

Daughter reunited, 23 years later

A woman stolen as an infant from a hospital crib two decades ago spent Thursday at a New York hotel with her long-lost mother as investigators sought the evidence they need to identify and arrest her kidnapper.

No suspects were ever identified in the 1987 disappearance of Carlina White, the 19-day-old infant who vanished from Harlem Hospital. The hospital had no surveillance video. Her parents left the hospital to rest after the baby was admitted in the middle of the night with a high fever. She was missing when they came back.

The parents, Joy White and Carl Tyson, said a woman who looked like a nurse had comforted them at the hospital. She disappeared afterward and apparently never worked there, the family said.

19 Baby Carlina was 19 days old when she was abducted from a New York City hospital in 1987.

As the years went by, it turned out, the best investigator on the case was Carlina herself, living under the name Nejdra Nance in Connecticut.

She had long suspected she was at least adopted because the person who raised her, a woman who went by Ann Pettway, could never provide her with a birth certificate. She didn't look like anyone she lived with, police and her family said. And Pettway was abusive, family said.

A telephone message left for Pettway, who has had recent addresses in Bridgeport and Raleigh, North Carolina, wasn't returned.

A relative told The Associated Press he was shocked by the story that Nance had been abducted.

"I don't know too much about this," Kapel Pettway said. "It stuns me. It hurts me. After all these years. I thought (Ann Pettway) was her mother."

THE ASSOCIATED PRESS

The federal government's plan to cut \$6.8 billion in spending over five years isn't achievable without major service and program cuts, Parliamentary Budget Officer Kevin Page says.

"Without significant reductions ... and without significant program service-related reductions I don't see how they achieve this kind of restraint," Page said on Thursday after releasing a report on whether an operating budget freeze will meet the government's tar-

"We are saying to parliamentarians there are a lot of risks that the government won't achieve fiscally and they need to be clear that there may be service-level risks."

PARLIAMENTARY BUDGET OFFICER KEVIN PAGE

get. When Page's office went to the Harper government to request details on how it plans to find these significant savings, the government refused to co-operate, even though the office was created by the Conservatives to review spending

promises. "It's frustrating," Page said, adding the Harper government needs to "come clean" with MPs and Canadians as to how it plans to find billions in savings without cutting programs and services.

TORSTAR NEWS SERVICE



► Kevin Page



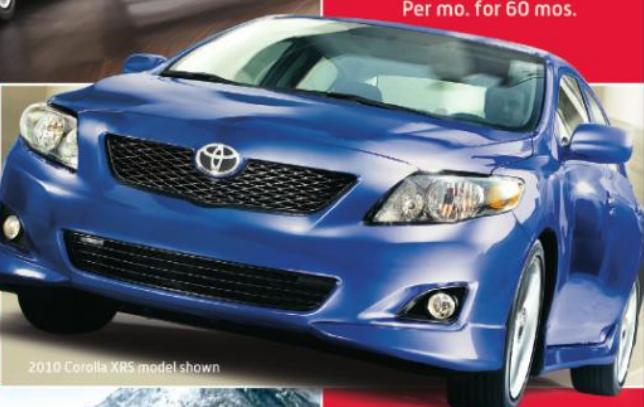
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Watchdogs won't block coal deal

American and Canadian competition watchdogs have indicated they won't intervene to block the takeover of Western Coal in a deal that values the Vancouver-based mining company at \$3.3 billion.

Western Energy of Tampa, Fla. said Thursday that the Canadian Competition Bureau issued a "no action" letter Jan. 14 while, in the United States, the waiting period under the

Hart-Scott-Rodino competition law expired Jan. 12 without action by the U.S. Justice Department.

Western has three mines in British Columbia, four mines in West Virginia, and one mine in Wales, while Walter Energy has operations in the southern Appalachia region of the eastern U.S. and Alabama's Blue Creek coal reion.

The deal reached in December after the two companies as well as a major Western Coal shareholder came to a friendly agreement announced Dec. 3.

THE CANADIAN PRESS

Consumers start year off optimistic

Study finds Canadians spent less during this year's holiday season than last year. Shoppers spent on average \$1,008, last season it was \$1,024

Despite a relatively gloomy December, Canadians are feeling slightly more hopeful about the state of the economy nearly one month into 2011, according to results from TNS Canada's Monthly Consumer Confidence In-

dex.

The index showed an increase of 2.3 points in January to begin the year at 98.4.

"(TNS) wants to see another month or two of positive gain before we decide conclusively (we've come

out of an economic slump)," said Norman Bailie-David, vice-president of TNS Canada, a marketing and social research firm. "Canadians, based on our surveys, are not ready to take the plunge either. They're bouncing up and

down. After what was a pretty gloomy December ... we're actually quite heartened to see the numbers." The Present Situation Index bounced back after dropping off by 4.5 points in December.

TORSTAR NEWS SERVICE



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Canada 'schizophrenic' on nuke debate: CEO

Canada is "schizophrenic" when it comes to its nuclear industry and must decide soon whether it will support it politically or abandon a business that's here to stay, Bruce Power CEO Duncan Hawthorne said Thursday.

The plain-speaking former engineer pulled no punches as he waded into the debate over Atomic En-

ergy of Canada Ltd., which the Tories decided to put up for sale almost two years ago.

Hawthorne, whose company was reportedly in talks to buy the heavily subsidized Crown corporation, wouldn't confirm whether Bruce Power has in fact walked away from the table.

THE CANADIAN PRESS



► Bruce Power CEO Duncan Hawthorne explains the functions of the central control room at the Bruce Nuclear Generating Station in Kincardine, Ont.

Core issue

► Costs At the heart of the debate over new nukes is the question of who will be responsible for any cost overruns.

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Growth in China's economy

China's economy surged 10.3 per cent in 2010, spurred by a torrent of investment in property and other areas that also fanned politically volatile inflation. Figures released Thursday by the National Statistics Bureau showed inflation moderating in December.

3-D industry pushes on as some get sick

► 25 per cent of Americans experience headaches, blurred vision when viewing 3-D: American Optometric Association

From Hollywood studios to Japanese TV makers, powerful business interests are betting 3-D will be the future of entertainment, despite a major drawback: It makes millions of people uncomfortable or sick.

Optometrists say as many as one in four viewers have problems watching 3-D movies and TV, either because 3-D causes tiresome eyestrain or because the viewer has problems perceiving depth in real life. In the worst cases, 3-D makes people queasy, leaves them dizzy or gives them headaches.

Researchers have begun developing more lifelike 3-D displays that might address the problems, but



► Seth Rogen wears mock 3-D glasses for the Japanese premiere of *The Green Hornet* on Thursday.

they're years or even decades from being available to the masses.

That isn't deterring the entertainment industry, which is aware of the problem yet charging

ahead with plans to create more movies and TV shows in 3-D. Jeff Katzenberg, CEO of Dreamworks Animation SKG Inc., calls 3-D "the greatest innovation that's happened for the movie theatres and for moviegoers since colour."

Theatre owners including AMC Entertainment Inc. and TV makers such as Panasonic Corp. are spending more than a billion dollars to upgrade theatres and TVs for 3-D. A handful of satellite and cable channels are already carrying 3-D programming; ESPN just announced its 3-D network will begin broadcasting 24 hours a day next month.

THE ASSOCIATED PRESS

Digital music sales drop drastically

The growth in digital music sales is slowing considerably, falling into the single digits for the first time since record companies began making significant amounts of money online in 2004, according to figures released Thursday.

The International Federation of the Phonographic Industry said digital sales increased by six per cent in 2010 — only half the growth rate registered in 2009 and far from the explosive expansion seen in earlier years.

THE ASSOCIATED PRESS

Market moment

Dollar	Natural gas 1,000 cu ft
	\$4.692 (+ \$1.16¢)
Gold contracts	\$1,346.50 (- \$23.70)
0.16¢ (100.29¢ US)	
Oil	TSX
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► A reporter tries to scratch the surface of a Dragontrail glass developed by Asahi Glass Co. with a key during a news conference in Tokyo Thursday.

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CONTRIBUTED



► Matt Mays

5 MINUTES WITH: MATT MAYS

Dartmouth's Matt Mays is one of the many high-profile musicians performing at next month's Canada Winter Games in Halifax. Metro spoke with Mays about playing at the Games — and other things including his athletic ability.

What does it feel like to be performing at the Canada Games?

It's exciting ... I know that Halifax has been pretty excited about the possibility of hosting the Canada Games for awhile and now it's actually happening. Other performers like Joel Plaskett and Great Big Sea

are playing. How do you feel to be performing along with them?

Coming from the East Coast, it's nice to have such great talent come out of here. I've grown up playing with those guys, so it's always good to have some amigos on the same bill.

The fact we're having the Canada Games locally is a pretty big deal. What's your opinion on that?

I have a funny story about that. I was on an Air Canada flight coming from Toronto and Mayor Peter Kelly was on my flight, sitting a few seats ahead of me. He was coming back

from an announcement about the top five cities in the running and Halifax was one of them, but apparently our pilot thought Halifax got it and made a big announcement. So Peter Kelly had to stand up and address the whole plane that it wasn't the case ... He was really embarrassed and it was funny and awkward because he had to take back what the pilot said. But it really worked out.

Is there any particular Canada Games event you're interested in watching?

I used to race on a ski team for quite a few years, so

I'm pretty pumped about maybe checking out some skiing.

Would you consider yourself a sports-savvy person?
I wouldn't say that ... Aside from touch football, field football or street hockey, I used to do a bit of skiing, but I'm only really into surfing these days.

Would you have interest in participating in the Canada Games if you could?

I think it would be awesome to be really incredible in archery ... I think I could really get into it because it's such an age-old art form.

● JORDAN MINX

Cartoon

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Worth mentioning

The warmest year on record is a three-way tie: 2010, 2005 and 1998.

So says the UN weather agency, providing further evidence Thursday that the planet is slowly, but surely, heating up.

Average temperatures globally last year were 0.53 C higher than the 1961-90 mean that is used for comparison purposes, according to the World Meteorological Organization.

That's a bit lower than what the U.S. National Climatic Data Center announced earlier this month, but the World Meteorological Organization also uses figures based on data collected by Britain's Meteorological Office and NASA.

Tropical temperatures



"The 2010 data confirm the Earth's significant long-term warming trend," said Michel Jarraud, WMO's top official. He added that the 10 warmest years after records began in 1854 have all occurred since 1998. The average world-wide temperature for the 20th century was 13.9 C. But rising global

temperatures over the last century are causing climate experts to worry. Most atmospheric scientists attribute the change to carbon dioxide and gases released into the air by gasoline-burning engines and other industrial processes. The gases tend to trap heat in the atmosphere like a greenhouse.

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Metro Minute at the BMO Centre

People looking to get a closer look and learn more about HRM's first four-pad arena are in luck.

An open house at the BMO Centre will take place Saturday from 1 to 5:30 p.m. The arena is located at 61 Gary Martin Dr. in Bedford. Activities planned for the afternoon include a free public skate, skating performances, and exhibi-

tion hockey and ringette games.

Mayor Peter Kelly, who helped open the multimillion-dollar centre last November, will also be on hand. Highlights of the BMO Centre include four NHL-size ice pads, large multi-purpose room, a sport retail store, and food and beverage services.

● METRO

Three days to play

WHAT WAS YOUR NEW YEAR'S RESOLUTION AND HAVE YOU BEEN ABLE TO STICK TO IT?



Liz Cobb
HERRING COVE

I'm trying to lose some weight ... I don't eat as much chips and pop, but it's hard. And I've been exercising, too. I've really been trying.



Ray Hutchinson
SPRYFIELD

To live more organically and more environmentally friendly, and it's going pretty good. Even the buses are going hybrid now, so that helps.



Reel Guys

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Scene in brief



The Dude and 30 Rock boss Jack Donaghy are coming to the Screen Actors Guild Awards.

Producers say SAG Award nominees Jeff Bridges and Alec Baldwin will help present prizes at the 17th annual ceremony, along with LL Cool J, Josh Duhamel, Amy Poehler and Glee star Cory Monteith.

The Screen Actors Guild Awards, honouring the year's best performances in film and television, will be presented Jan. 30 at the Shrine Exhibition Center in Los Angeles and broadcast live on TNT and TBS.

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Love kills laughs

► Richard Crouse and Mark Breslin debate the merits of *No Strings Attached*
► Supporting cast much more interesting than two leads in this rom-com

Richard Crouse: I don't know about you Mark, but I don't think Natalie Portman has to worry about *No Strings Attached* "Norbiting" her chance of an Oscar nomination. It has charm here and there, but is so bland I don't even think Academy Award voters will even remember she was in the movie on Monday when their ballots are due. Thoughts?

Mark Breslin: I think the movie proves she has a gift for light comedy — very, very, very light comedy. I agree the movie is bland, but the good news is that its weightlessness is an antidote to the legion of overstated rom-coms. For the first half of the picture, I found myself

Plot synopsis

► No Strings Attached is the new R-rated dating comedy from director Ivan "Ghost Busters" Reitman. Ashton Kutcher and Natalie Portman play 20-some-

applauding its gentle, loping rhythms. Then I fought to stay awake.

RC: I hear you. The sex-is-easy, love-is-hard premise works well enough when she and Kutcher are arranging trysts by text and keeping it informal but when the I-word — that's love — rears its head the movie becomes predictable and dull. Perhaps it's because the leads aren't nearly as interesting as the supporting cast.

MB: Yes, yes! Great sup-

thing Los Angelenos who define their relationship as "friends with benefits" until they realize they're falling in love.

► Ratings:
Richard's: ***
Mark's: ***½

porting cast! Kevin Kline, Lake Bell, Olivia Thirlby and many more inject the movie with the verve it needs. But now for the big question, Richard — Ashton Kutcher. Well?

RC: He looks good in a suit and can deliver a line but I really thought his role could have been played by any number of actors — Paul Rudd and Josh Duhamel maybe — and it wouldn't have made any difference to the finished product. Back to the supporting

cast though. You're in the comedy biz. Can't you get Lake Bell a better gig than this? She's fantastic.

MB: Let me call the folks over at Little Mosque and see what they can do ... As for Kutcher, I prefer him in sleazy cynical roles. There's nothing more boring than a reformed cad. How much do we blame director Ivan Reitman for all of this? Should he start taking lessons from his son?

RC: Not yet. He is, after all, the guy who directed Ghost Busters, so as far as I'm concerned he's alright by me. I'm willing to write *No Strings Attached* off as a noble but so-so attempt at a modern rom-com. My fingers are still crossed for *Ghostbusters* 3.



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WEEKEND, JANUARY 21-23, 2011

Statham likes

Actor enjoys the rush of doing good stunts **His The Mechanic co-star Ben Foster wasn't quite as excited to do a 30-storey drop**



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METRO WORLD NEWS IN LOS ANGELES

ported by a single rope. The star of the Crank and Transporter movie series insists it was a blast, though maybe not as much for his co-star.

“He was pooping himself,” he says of Foster. “Just being strung up with Ben to see how scared he was when we was doing the down the side ... It makes me sound a little bit sadistic. It's great.”

But aside from taking glee in a co-star's trepidation, Statham admits stunt-heavy roles are just that much more satisfying for him.

“When you do something good, there's a great excitement to it,” he says. “It's always more rewarding doing something in terms of the action.”

“You do a good dramatic scene, there's no one clap-



ping for that. If you do a good stunt and it works out well, there's a great euphoria on set,” he said. “That just doesn't happen in dramatic scenes. You just don't get that immediate reward.”

A remake of the 1972 Charles Bronson film of the

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to get physical



► Ben Foster, left, and Jason Statham star in *The Mechanic*, which opens next Friday.

same name, *The Mechanic* asks Statham to step into some storied shoes, but he's not worried.

"There's always the comparisons that are going to be made, and it's not the first remake that I've done," he says. "We did a remake of *The Italian Job* years ago,

and that was such, again, a classic movie that some people would think should never be touched. But you know, it was a very decent job. And it's the same with this."

Though he always seems to be working, Statham doesn't have anything on

his plate at the moment. And that's because he's waiting for a particular phone call.

"I'm just waiting for Stallone's next film, *The Expendables 2*," he says, referring to the anticipated sequel to last summer's action hit.

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Sundance offers Oscar sneak peek

Indie film festival builds awards momentum At least four of last year's films are strong Oscar prospects

It's a winter ritual at the Sundance Film Festival: As organizers present this year's crop of independent films, they'll get to see how last year's fared at the coinciding Academy Awards nominations.

At least four dramas that premiered at Sundance a year ago — including Winter's Bone, Blue Valentine and The Kids Are All Right — have strong prospects at Tuesday's Oscar nominations, which come right in the middle of the 11-day festival. And seven of the 15 films on the short-list for the documentary Oscar nominations also debuted at Sundance in 2010.

Robert Redford's festival was started to give young filmmakers a showcase and help them connect with distributors to land their films in the real world. As the festival has grown, so has the quality and calibre of talent, and almost every year now, a few films emerge from Sundance to compete with the best of what the studios have to offer at the Oscars.

The urban drama Precious won the top Sundance prize in 2009 and earned six Oscar nominations last year, including best picture. It won the supporting-actress Academy Award for Mo'Nique.

The Ozark crime tale Winter's Bone earned Sundance's top honour a year ago and now is in the running for best-picture Oscar nomination, along with a best-actress slot for Jennifer Lawrence.

"As you start to go down lists of films that came out in the last year, you look for that kind of raw cre-

ativity," said festival director John Cooper.

"That's why something like a Winter's Bone rises up and surpasses other less interesting Hollywood movies that came out."

The lesbian-family tale The Kids Are All Right is also a strong contender for a best-picture Oscar nomination. Annette Bening won a Golden Globe for the film and is a potential best-actress front-runner on Oscar night.

The marital drama Blue Valentine has lead-acting prospects at the Oscars for Michelle Williams and Ryan Gosling.

Another 2010 Sundance premiere, the Australian crime thriller Animal Kingdom, could earn co-star Jacki Weaver a supporting-actress nomination.

Other past Oscar contenders that came out of Sundance in-

clude Little Miss Sunshine, In the Bedroom, You Can Count on Me, Hustle & Flow and Juno.

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► Actor Rutger Hauer is shown in a scene from the film Hobo with a Shotgun.

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Hobos, killers helm Canada's Sundance films

Canadian filmmakers offer up horror and gore

A bloody encounter during his first trip to the Sundance Film Festival convinced Nova Scotia director Jason Eisener it was the right place to debut his over-the-top gorefest

Hobo with a Shotgun. The 28-year-old says a wild melee broke out in front of the theatre when he screened his 2008 horror short Treevenge alongside a Nazi zombie film called Dead Snow, proving to him that the indie showcase offered one of the craziest audiences a moviemaker

some ways it was one of the craziest screenings I've ever seen."

Eisener is hoping for that same unbridled enthusiasm as he returns to the 11-day fest with his first feature, a violent revenge tale screening Friday in the festival's Park City at Midnight category.

Already, buzz is heavy for the outlandish, exploitation-style B-movie, which started out as a fake movie trailer that won a contest helmed by Grindhouse directors Robert Rodriguez and Quentin Tarantino.

Hobo With a Shotgun stars Rutger Hauer as a vagrant vigilante who blows away bad guys with his own brand of justice.

It's one of several Canadian projects headed to picturesque Park City, Utah, where high-profile Hollywood offerings include the Sam Levinson drama Another Happy Day with Demi Moore; J.C. Chandor's finance thriller Margin Call with Kevin Spacey; and Vera Farmiga's directing debut, Higher Ground.

The Canada-U.S. co-production Vampire (from Japanese writer/director Shunji Iwai and starring Canada's Kevin Zegers) will be among the dramas in competition, while Quebec's Sébastien Pilote scored a coveted slot in the same category with his portrait of a used car salesman in Le Vendeur.

The 37-year-old newcomer says he initially questioned whether the indie showcase was the best place to launch his French-language debut. "The Sundance festival is something of an unknown quantity for me."

The Sundance Film Festival runs Jan. 20 to 30.

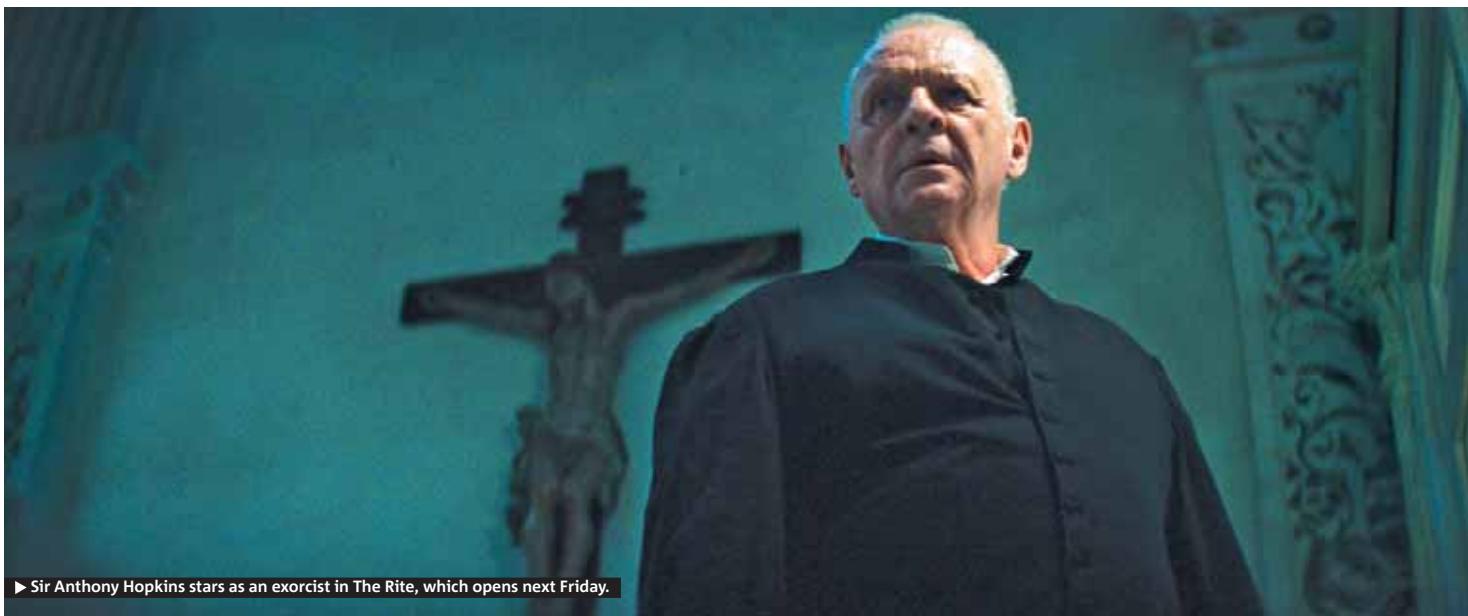
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► Annette Bening, left, and Julianne Moore in a scene from The Kids Are All Right.



► Actress Michelle Williams, director Derek Cianfrance and actor Ryan Gosling, of the film Blue Valentine.



► Sir Anthony Hopkins stars as an exorcist in *The Rite*, which opens next Friday.

Hopkins knows scary

► Oscar winner takes on demons in *The Rite* ► Says religious certainty can be just as scary as a horror film



At 73 years old, Sir Anthony Hopkins is trying to live by a new life philosophy: expect nothing.

"Expectation leads to resentment and depression, so I have no expectations," he says. "To be realistic is a great freedom. I have no illusions about my position in this world as an actor or anything like that. No illusions at all. I'm very realistic. Reality is a very liberating thing."

But this recently discovered enlightenment doesn't mean Hopkins isn't doing anything anymore. The notoriously busy actor has several projects lined up, as well as a number of comple-

ed films out this year, including his latest, *The Rite*.

In the religious thriller, Hopkins stars as a veteran exorcist fighting on the front lines for the Vatican. But it wasn't a project he immediately jumped at.

"I thought I didn't want to play another spooky guy, you know? I wasn't sure," he says.

Then, of course, there was the subject matter. Let's just say religious certainty doesn't exactly jibe with Hopkins' newfound philosophy.

"I don't know what my beliefs are, really, about any of it," he says. "Any-one who says they know — I believe in the truth.' Oh, the truth? A lot of trouble that got us into over the last thousands of years. Hitler knew the truth. So did Stalin, so did

Mao Zedong, so did Torquemada in the Spanish Inquisition. They all knew the truth, and that

caused such horror. Certainty is the

enemy. Human beings? We know nothing."

But despite any qualms Hopkins has with Catholicism, he's more than happy to play a character who's more than a little scary — and the man who is still best known for playing Hannibal Lecter knows a thing or two about being scary.

"You have fun with it. I know what scares people, I know what's scary on film, because that's what I do," he says. "I guess I've got a knack for it, but it doesn't mean I'm a scary person. My wife's not scared of me. I'm scared of her."

ANTHONY HOPKINS
whole business is when you see the big movies are going to come out, and then you see them up in Malibu in a little triplex theatre a week later on a scratched negative and you think, That's it?" he says. "It's a great liberation thinking that none of it is important. That's a great feeling."



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5 best Ed Harris roles

► Versatile actor has such a big, distinguished résumé it's hard to narrow it down to just his five best performances ► A couple of great astronaut movies make the cut though

Here's how consistently good Ed Harris is: He easily could have merited a list of 10 best performances, not just the five we do each week here.

It was tough to narrow it down. His performances in *Gone Baby Gone* and *A Beautiful Mind* are just a couple that have stood out over his three-plus decades of work but didn't make the cut. And so with *The Way Back* expanding into more theatres over the next few weeks, we had the daunting task of selecting the five most outstanding Harris performances.

THE ASSOCIATED PRESS



1

The Truman Show (1998)

His portrayal of Christof, the precise executive producer of a reality show starring an unsuspecting insurance salesman, earned him one of his four Oscar nominations.

From his vast control centre high atop an artificial dome, he monitors and controls every move Truman Burbank (Jim Carrey) makes. In his sleek beret, he is the cold, steely centre of a bright, perky contrivance — chilling in the command of his creation, seemingly detached from any actual semblance of humanity. Christof gets off on playing God, but he does it with a laid-back sense of cool.

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5

Apollo 13 (1995)

Another film about space exploration earned Harris the first of his four Oscar nominations. Director Ron Howard painstakingly recreated the doomed 1970 Apollo moon mission, which nearly left three astronauts stranded in space when an oxygen tank exploded.

As Gene Kranz, the key figure at Mission Control in Houston, Harris oversees the chaos — the swarm of engineers, technicians and scientists. He's intense and passionate, but he also must try to keep enough of a cool head to wrangle everyone's talents and expertise to bring these three men back to Earth. His performance is riveting and full of surprises.



2

A History of Violence (2005)

As the leader of a group of thugs who ride into a small Indiana town in a shiny black car to take back one of their own, Harris is deeply frightening.

The facially misshapen gangster he plays, Carl Fogarty, insists that Viggo

Mortensen's character is not merely the town's mild-mannered, well-liked diner owner and family man, but actually a killer, just like him.

His damaged left eye and scarred cheek make him visually startling, but Harris plays the role in a gravely, reserved manner that makes him more terrifying than if he'd approached the part as some sort of swaggering, bombastic stereotype.



3

Pollock (2000)

As actor and director, this is Harris' love letter to abstract painter Jackson Pollock, who rose from Greenwich Village obscurity to international celebrity, then descended into alcohol and self-pity and died, at 44, in a late-night, drunk-driving crash in 1956.

The film itself feels a bit like a by-the-numbers biopic, but Harris' raging, Oscar-nominated performance is always fascinating to watch. He hovers over a large canvas on the floor, dripping and slapping paint with the flourish of an orchestra conductor, an ever-present cigarette dangling from his lips. He makes Pollock's torment visceral, but also provides the thrill of witnessing a legend in the making.



4

The Right Stuff (1983)

Philip Kaufman's epic about America's first steps into space, based on Tom Wolfe's bestselling book, earned four Academy Awards and grippingly strips down the mythology of heroism.

But in a film full of strong performances and detailed figures, including

playwright Sam Shepard as Chuck Yeager, a then little-known Harris is perfectly cast as John Glenn, the Marine and former United States senator who in 1962 piloted the first U.S.-manned orbital mission around the Earth.

"I just thank God I live in a country where the best and the finest in a man can be brought out," says the earnest Glenn, who becomes Mercury mission's unofficial leader and spokesman.

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 21 TO THURS., JAN. 27. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

► Jay Chou, left, and Seth Rogen star in *The Green Hornet*.**HALIFAX****BAYERS LAKE**190 Chain Lake Dr., Bayers Lake
902-876-4800**Black Swan** (14) Dolby Stereo Fri-Thu 1:35-4:25; 7:20-10:10**The Chronicles of Narnia: The Voyage of the Dawn Treader** (PG) Dolby Stereo, Stadium Seating Fri-Thu 1:30-4:30**The Dilemma** (PG) Dolby Stereo, Stadium Seating Fri-Thu 1:10-3:45; 5:30-9:40**The Fighter** (14) Dolby Stereo Fri-Wed 1:45-4:20; 7:15-9:50 Dolby Stereo Thu 1:45-4:20; 9:50**The Green Hornet 3D** (PG) Dolby Stereo, Stadium Seating Fri-Thu 12:35-1:25; 3:35-4:15; 6:20-7:25; 9:15-10:20**Harry Potter and the Deathly Hallows: Part 1** (PG) Dolby Stereo, Stadium Seating Fri-Thu 12:40-4:30; 7:45**The King's Speech** (STC) Dolby Stereo, Stadium Seating Fri-Wed 12:45-3:30-6:35-9:20 Dolby Stereo, Stadium Seating Thu 1:45-3:30; 7:05-9:20**The Little Fockers** (STC) Dolby Stereo, Stadium Seating Fri-Thu 12:25-3:20-6:25-9:05**No Strings Attached** (14) Dolby Stereo, Stadium Seating Fri-Thu 12:30-1:05; 3:25-3:55-6:30-7:30; 9:15-9:55**Rabbit Hole** (PG) Dolby Stereo, Stadium Seating Fri-Thu 4:20-7:35-10:15**Season of the Witch** (14) Dolby Stereo Fri-Thu 9:25**Tangled** (G) Dolby Stereo Fri-Thu 1:15-3:40-6:45**The Tourist** (PG) Dolby Stereo, Stadium Seating Fri 6:55-9:45 Dolby Stereo, Stadium Seating Sat-Thu 12:55-3:25-6:55-9:45**Tron: Legacy 3D** (STC) Dolby Stereo, Stadium Seating Sun 12:50-3:45-7:10-9:45

Seating Fri-Thu 12:50-3:50-7:10-10:05

True Grit (14) Dolby Stereo, Stadium Seating Fri-Thu 12:50-3:25-6:50-9:30**Yogi Bear 3D** (G) Dolby Stereo, Stadium Seating Fri-Thu 1:30-4:05-6:40-8:55**IMAX**
190 Chain Lake Dr., Bayers Lake
902-876-4800**Tron: Legacy: An IMAX 3D Experience** (STC) Dolby Stereo, No Passes, Stadium Seating Fri 2:20-7:10 Dolby Stereo, No Passes, Stadium Seating Sat-Sun 1:45-7:10 Dolby Stereo, No Passes, Stadium Seating Mon-Thu 2:20-9**OXFORD THEATRE**
6408 Quinpool Rd.
902-423-7488**Barney's Version** (14) Fri 6:30-9:20 Sat-Sun 3:15-6:30-9:20 Mon-Thu 6:30-9:20**PARK LANE**
5657 Spring Garden Rd.
902-423-4860**Black Swan** (14) Stadium Seating Fri 1:40-4:10-7:20-9:50-11:59 Stadium Seating Sat-Sun 1:40-4:10-7:20-9:50 Stadium Seating Mon-Thu 3:55-7:20-9:50**Country Strong** (PG) Stadium Seating Fri-Sun 12:40-3:20-7:40 Stadium Seating Mon-Tue 3:35-7:40 Stadium Seating Wed 3:35-9:40 Stadium Seating Thu 3:35-9:40**The Dilemma** (PG) Stadium Seating Fri 1:20-4:40-7:20-11:45 Stadium Seating Sat-Sun 4:40-7:20-9:20 Stadium Seating Mon-Thu 4:40-9:20**The Fighter** (14) Stadium Seating Fri 12:50-3:45-7:10-9:45 Stadium Seating Sat 7:10-9:45 Stadium Seating Sun 12:50-3:45-7:10-9:45

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The Green Hornet (PG) Stadium Seating Fri 12:45-3:30-6:20-9:11:30 Stadium Seating Sat-Sun 12:45-3:30-6:20-9 Stadium Seating Mon-Tue 3:30-6:20-9

Stadium Seating Wed 3:30-6:20-9 Stadium Seating Thu 3:30-6:20-9

The King's Speech (STC) Stadium Seating Fri 1:30-4:0-6:30-9:10-11:35

Stadium Seating Sat-Sun 1:30-4:0-6:30-9:10 Stadium Seating Mon-Thu 3:40-6:30-9:10

The Metropolitan Opera: Don Carlo Encore (STC) Stadium Seating Sat 1:30**No Strings Attached** (14) Stadium Seating Fri 1:30-4:0-6:30-9:10-11:35

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LOWER**SACKVILLE****LOWER SACKVILLE**
760 Sackville Dr., Downsview Plaza
902-869-2022**Black Swan** (14) Stadium Seating Fri 7:05-9:30 Stadium Seating Sat-Sun 2:10-4:30-7:05-9:30 Stadium Seating Mon-Thu 7:05-9:30**The Dilemma** (PG) Stadium Seating Fri 6:40-9:05 Stadium Seating Sat-Sun 3:25-6:55-9:20 Stadium Seating Mon-Thu 6:40-9:05**The Green Hornet** (PG) Stadium Seating Fri 6:40-9:10 Stadium Seating Sat-Sun 3:10-6:40-9:10 Stadium Seating Mon-Thu 6:40-9:10**The King's Speech** (STC) Stadium Seating Fri 6:30-9 Stadium Seating Sat-Sun 3:25-6:30-9 Stadium Seating Mon-Thu 6:30-9**Little Fockers** (STC) Stadium Seating Fri 6:45-9:25**No Strings Attached** (14) Stadium Seating, No Passes Sat-Sun 3:25-6:35-9:35 Stadium Seating, No Passes Mon-Thu 7:05-9:35**The Fighter** (14) Stadium Seating Fri 6:30-9:30 Stadium Seating Sat-Sun 3:30-4:6-6:30-9 Stadium Seating Mon-Thu 6:30-9:30**The Green Hornet 3D** (PG) Stadium Seating Fri 6:45-9:20 Stadium Seating Sat-Sun 3:10-4:6-6:30-9:20 Stadium Seating Mon-Thu 6:45-9:20**Little Fockers** (STC) Stadium Seating Fri 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KRISTIN BARLOWE/THE ASSOCIATED PRESS

Train has no problems flying under the radar

Even though Train is responsible for the ditty that by some measures was last year's most popular song — the ubiquitous Hey, Soul Sister — the trio has yet to experience massive mainstream popularity.

Although Pat Monahan has fronted the group for over a decade, he's never been a household name, and people who know the chorus of Soul Sister probably wouldn't be able to name Train's other two members, guitarist Jimmy Stafford and drummer Scott Underwood.

Monahan acknowledges that kind of anonymous success used to grate on him — but he puts the emphasis on "used to."

"Being under the radar as a celebrity isn't the worst thing that can happen to you. I think that maybe that's the reason for the longevity," says Monahan.

"For a long time I was disappointed about it. It was like, 'How come I can't get on Us Weekly, how come we're not on the cover of Rolling Stone? What did we do wrong?' But now I think that we just don't care like that. That's not why we started this. ... So we're learning how to have a lot of fun with it and keeping in mind that thinking about celebrity is thinking about the wrong thing. Thinking about the music is thinking about the future."

Keeping the focus on music has led to a rebirth for Train. The group is nominated for a Grammy Award for best pop performance by a duo or group with vocals next month for a live version of Hey, Soul Sister, which is still No. 1 on the adult contemporary chart a year after its release. While it never reached that spot on the overall pop chart, the song permeated pop

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culture and showed its dominance in other ways: It was featured on CSI: New York, in Samsung commercials, was the most downloaded song on iTunes in 2010, and has been certified quadruple platinum. "Even in other countries where they don't speak English, that song has been very successful," said Stafford. "I attribute it to the melody, some really catchy hooks ... the ukulele is (also) a really unique sound that people just seem to be drawn to that."

"They probably haven't had some of the glory that other people have had, but ... they've had so much success. At the end of the day, if you're a musician and you play music as a living, it's pretty great to be successful whenever you get it."

JONATHAN DANIEL, TRAIN'S MANAGER

'Thorn in my flesh'

► Former American Idol finalist Mandisa explores her emotional journey of weight loss in new album

The 10th season of American Idol kicked off Wednesday night, and some people's lives will be changed forever.

Former Idol finalist Mandisa Hundley knows the feeling.

The two-time Grammy nominee finished in the

Top 10 the year Taylor Hicks won, and is now planning to release her third gospel album on April 5 called, What If We Were Real.

But as it turns out, her biggest life change came after the show. She embarked on an emotional weight

loss journey two years ago and has since lost 90 pounds.

Mandisa's struggles fueled her new music.

"Where I was at the beginning of this album and where I ended up are two very different places," she told The Associated Press in an email. "It's been a process. I will always struggle with my weight. It's the thorn in my flesh."

Standing on a scale one morning and seeing a disappointing number prompted Mandisa to finally get real with herself and her fans.

"I had gained weight and was so frustrated at that moment that I said so on Twitter."

She tweeted: "I'm fed-up and over it."

"I was feeling embarrassed and ashamed. I realized that I had only talked about how great things were. I never let people in when things were not. It was then that I decided I'd talk about the bad things too," she said.

The result is what Mandisa calls her most honest record to date.

She began recording "in a very dark place." The title track and the song Just Cry came out of those early sessions. However, by the end of the process she said she was back to a place of peace and joy, with the song Lifeline, about unwavering trust in God, which was the last track she recorded. THE ASSOCIATED PRESS

On her way

► Mandisa is on her way to losing 100 pounds but said she doesn't have a goal weight.

► "My only goal is to be healthy physically, spiritually, and emotionally. That is a lifelong journey," she said.



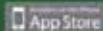
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MYSTERY OF THE BIG FADE-OUT

There are three ways a song can end.

There can be a defined, abrupt conclusion — something radio people call a "cold" ending. Other songs come to an

end with a nice last chord that slowly disappears into silence. The third way to end a recording is to have the catchy part of the song continue while simultaneously dropping the volume until there's nothing left. That's called the fade-out. Thousands upon thousands of tracks end this way.

But who came up with this idea? The thought came to me the other day when I caught myself listening to some music while at the mall. Fading a song into nothingness is peculiar to recordings; you almost never, ever see it done in live performances.

No one knows who invented the technique. The fade-out couldn't have appeared any earlier than the late 1940s, when magnetic tape — an invention

of the Nazis brought to America by allied soldiers — replaced the practice of one-take mechanical recordings cut directly onto a master copy. For the first time, recordings could be edited, multi-tracked and, yes, faded out.

So why did this catch on? Some composers and arrangers felt liberated because for the first time, they didn't have to come up with a concrete way to end a song.

Lazy, perhaps, but it certainly solved the problem of having to find an ending.

Another possibility is that producers or artists decided that the fade-out was the perfect way to emphasize the hook of the song — the signature melody line or

construction that forms the basis of the composition — over and over again as the track ended. That way, they theorized, the hook would be burned into the listener's mind.

Another theory subscribed to by musicians, artists and managers was that fading out a song using the hook left the impression that the song never ended. Something so glorious and dramatic shouldn't have an end. The song was eternal and could be revisited ad infinitum simply by moving the needle back. My theories are a lot less esoteric.

Back then, radio stations often refused to play songs that were longer than three minutes. The quickest way to cut a long song down to the maximum allowable length was simply to fade it out. The other thing to consider is that the fade-out caught on just because it sounded — well — cool.

And it stuck.

"Fading a song into nothingness is peculiar to recordings; you almost never, ever see it done in live performances."

Urban to perform at Super Bowl

Country music star Keith Urban is set to perform live from Cowboys Stadium as part of the Super Bowl pre-game festivities next month.

The Fox Super Bowl Sunday pre-game show begins at 3 p.m. AST and will be broadcast worldwide.

The three-time Grammy winner plans to include songs from his newly released album, Get Closer.

Urban has sold nearly 20 million CDs and earned numerous awards.

He has charted 11 No. 1 hits, including Only You Can Love Me This Way, Sweet Thing, Better Life



► Keith Urban

and Days Go By.

The Super Bowl will be held on Sunday of Feb. 6 and will air on Fox.

THE ASSOCIATED PRESS

Rock, Bon Jovi, Wyclef Jean, Lauryn Hill, Arcade Fire, Wilco and Cyndi Lauper are among the headliners for the 2011 New Orleans Jazz and Heritage Festival.

Those performers will join hundreds of Louisiana artists, including Trombone Shorty & Orleans Avenue, The Neville Brothers, Dr. John, Irma Thomas, Pete Fountain, Kermit Ruffins & the Barbecue Swingers and Mystikal.

The seven-day festival runs April 29 to May 1 and May 5-8 at the Fair Grounds Race Course.

THE ASSOCIATED PRESS

News in brief



Kid Rock among artists to hit Jazz fest

MUSIC. John Legend & The Roots, Willie Nelson, Kid

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7 questions with Ben McKenzie

► The Southland star chats with Metro about junk food, Justin Bieber and Journey



► Former O.C. heartthrob Ben McKenzie is taking on tougher subjects these days in his role as a police officer in *Southland*.

TV picks

Brit-comedy dream team do it again

COMEDY. Ricky Gervais and partner-in-crime Stephen Merchant have yet another new show together, this time it's a travel series called *An Idiot Abroad*. Like in *The Ricky Gervais Show*, their hapless friend, poor Karl Pilkington, explores the wonders of the world and inevitably faces some form of hardship. (Friday, Discovery)

Leary lashes out against all that annoys

SPECIAL. Foul-mouthed comic Denis Leary tees off on the things that annoy him in the hour-long special *Denis Leary & Friends: Douchebags and Donuts*. He's joined by comic Whitney Cummings and his *Rescue Me* co-stars. (Saturday, Comedy Network)

The awesome adventures of a travelling tub?

MOVIE. It's not exactly a comedy classic, but *Hot Tub Time Machine* defied low expectations and had a lot of laughs, despite a pretty ridiculous premise. John Cusack and Rob Corddry star in the story of four friends who are transported back to the 1980s by a hot tub. (Saturday, MFun)

A hunt to find an invisible family

DOCUMENTARY. *Donor Unknown: Adventures in the Sperm Trade* follows a young woman's mission to meet her biological father, who anonymously donated to a sperm bank, and the 13 half-siblings that she discovers are out there. She eventually sets out to meet him and Jeffrey Harrison, formerly known as Donor No. 150, is happy to oblige. (Sunday, CBC News Network)

THE CANADIAN PRESS

Glee, Grey's among GLAAD nominees

The Gay & Lesbian Alliance Against Defamation is honouring movies, musicians, TV shows and other media properties that offer fair and inclusive representations of the gay community.

GLAAD announced nominees Thursday for its 22nd annual Media Awards, which will be presented during a series of ceremonies in the spring.

TV drama series nominees for telling stories about the gay community are ABC's *Grey's Anatomy* and *Brothers & Sisters*, HBO's *True Blood*, ABC Family's *Pretty Little Liars* and *TeenNick's Degrassi*. Comedy series nominees are: Showtime's *Nurse Jackie* and *United States of Tara*, Fox's *Glee*, ABC's *Modern Family* and ABC Family's *Greek*.

A complete list of nominees can be found on GLAAD's website.

THE ASSOCIATED PRESS

He broke out as Ryan Atwood on *The O.C.*, but Ben McKenzie is no longer the brooding teen. The 32-year-old actor has graduated to the gritty, Los Angeles-based police drama *Southland*, which kicked off its third season last week. In it he plays rookie cop Ben Sherman, who is coming into his own as an officer, while his relationship with his partner begins to come apart.

If you had to pick one fast-food chain to eat at for the rest of your life, which one would it be?

I don't think I could do it. Couldn't do it. There's no way. Zero. None.

Favourite dish to cook for yourself when you're not in a rush?

Probably steak.

What's your most prized possession?

My dog. I have a pit bull. His name is Oscar.

Favourite song?

Don't Stop Believin' by Journey.

Favourite word?

Splendiferous.

Did you have posters of famous people on your wall growing up? If so, who?

No, I did not. Bummer, huh? I could make it up. Justin Bieber. He wasn't born yet, but ...

Best piece of advice you've ever been given?

I think

the best advice I've ever gotten was to take a shower.

• METRO



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*No purchase necessary. Contest closes February 5, 2011, 3 p.m. Atlantic Time. For complete contest rules and regulations go to **FlyHalifax.com**. Some restrictions apply. *Skybox Halifax Hockey Game food & beverage package consists of pizza, chicken wings, dry snacks and non-alcoholic beverages.





Rogen gets a surprise from Lucas

Seth Rogen had a rather bizarre meeting with Stephen Spielberg and George Lucas recently, during which the Star Wars mastermind was obsessed with the end of the world.

"George Lucas sits down and seriously proceeds to talk for around 25 minutes about how he thinks the world is going to end in the year 2012, like, for real. He thinks it," Rogen said.

"Lucas is going on about the tectonic plates, and all the time Spielberg is, like, rolling his eyes, like, 'My nerdy friend won't shut up, I'm sorry.'"

• METRO



Trouble brews

► Gibson's attorney preparing for the worst with Mel

Mel Gibson's legal troubles over ex-girlfriend Ok-sana Grigorieva aren't going away,

Blair is aware that the District Attorney is inclined to file charges against Mel. SOURCE

as prosecutors are now reportedly looking to charge Gibson for allegedly assaulting Grigorieva during

an argument last year.

Gibson's attorney, Blair Berk, is said to be preparing for the worst.

"Blair is aware that the District Attorney is inclined to file charges against Mel," a source says.

If convicted of either a misdemeanor or felony, Gibson could face time behind bars. • METRO

METRO CUSTOM PUBLISHING

KEN MAKES ANOTHER PLAY FOR BARBIE!

Ever since Barbie and Ken split seven years ago, rumours have been swirling about whether or not Ken has continued to carry a torch for his ex!

Well, if his antics at Whistler

Blackcomb ski resort are any indication, he wants her back!

Ken showed his true colours as he aced the formidable 7th Heaven run. With a posse of fans cheering him on, Ken came flying down the mountain with an enormous red banner, attached to his ski poles, trailing in the air behind him. In big bold letters it read: "Barbie, you're the only doll for me."

Now, if that ain't love.



SHOULD BARBIE TAKE KEN BACK?
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GETTY IMAGES FILE

Talking points

Skipping school cool with Paltrow

PEOPLE Gwyneth Paltrow sometimes needs a little time alone with her daughter, Apple, even if that means letting her skip class.

"I'll probably get kicked out of our school for admitting this, but I let Apple stay home yesterday. I just needed to be with her. We went out to lunch, we went to the beauty salon, we were together," Paltrow tells Good Housekeeping magazine.

She also opened up about life with Chris Martin.

"Marriage is hard. Chris and I have had our ups and downs, big-time," she says. "I definitely have to coax things out of him when we talk. You know, he's British, so it's a different lexicon totally. But you have to communicate. Otherwise there's no relationship." • METRO

Know when to fold 'em, says Simon Cowell

PEOPLE Simon Cowell reportedly isn't a big believer in traditional education.

"All my life I had to teach myself. I never really had a proper education. I wasn't born with any skill. I didn't learn anything from school," he says, according to Hollyscoop.

Instead, he learned his biggest lessons by finding his own teachers.

"I asked a very successful guy, 'What's the best advice you can give me?' and he said, 'Simon, always know when to leave the fair.' And I think that's good advice. Something inside you just says, 'You know what, it's time to go.' Without any regrets whatsoever."

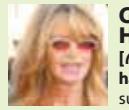
• METRO

Celebrity tweets



Sylvester Stallone (@TheSly-Stallone)

Heading to the hardcore streets of Mexico ...



Goldie Hawn (@goldie-hawn) My super hero brother @burningdan 1974-2010. Celebrate his life.



Kirstie Alley (@kirstie-alley) TWITTER is a bizarre place...I swear to God I could say HITLER was evil and ten people would reply..."that's your opinion"



Sarah Silverman (@SarahK-Silverman)

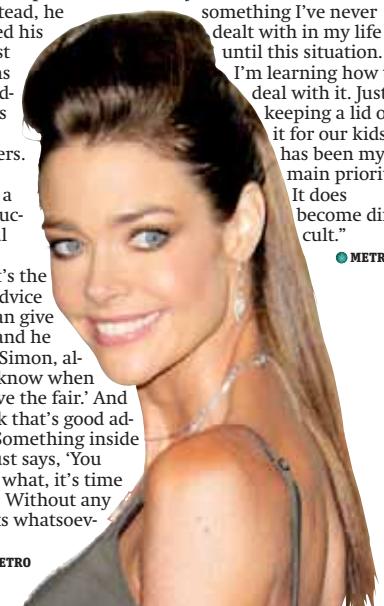
Number 1 reason couples stay together: fear! (so romantic -- love is third!) • METRO

Denise wants you to know she's a victim

PEOPLE While Charlie Sheen continues to rack up the tabloid covers for his recent exploits in Las Vegas, ex-wife Denise Richards isn't enjoying having to deal with the fallout.

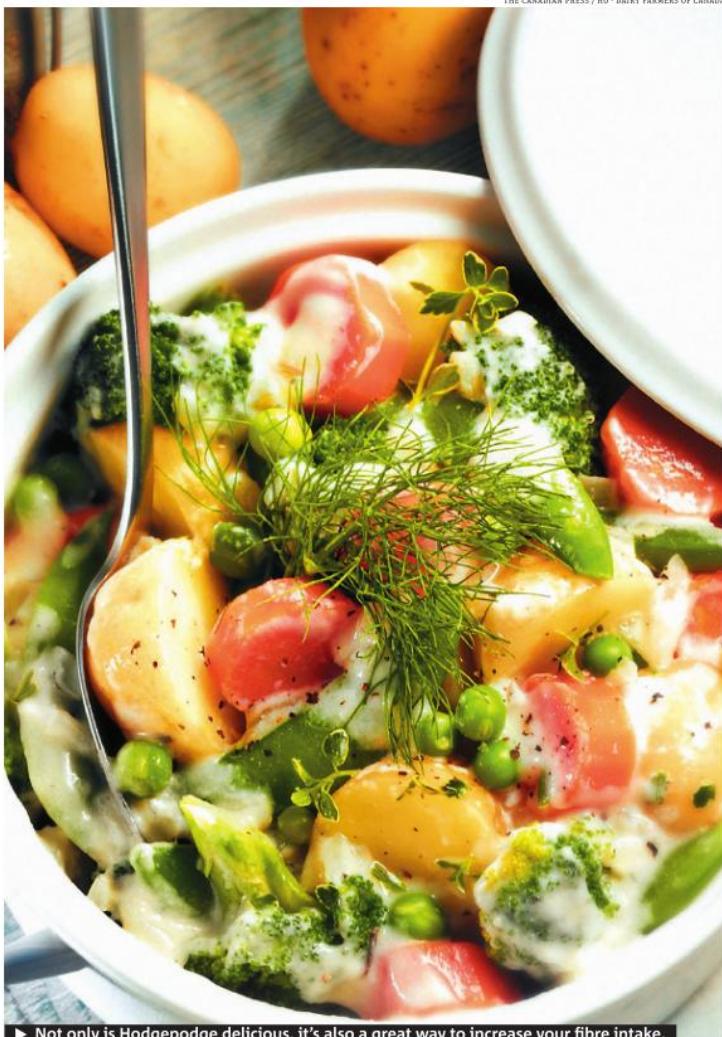
"What becomes difficult is things become so public," she tells Access Hollywood. "I try my best to keep that quiet from our daughters because, you know, this is

something I've never dealt with in my life until this situation. I'm learning how to deal with it. Just keeping a lid on it for our kids has been my main priority. It does become difficult." • METRO



Elevate your everyday veggies to scrumptious

► The traditional Maritimes Hodgepodge dish boasts an array of vegetables in a light sauce



► Not only is Hodgepodge delicious, it's also a great way to increase your fibre intake.

THE CANADIAN PRESS / HO - DAIRY FARMERS OF CANADA

This traditional dish from the Maritimes, called Hodgepodge, features a colourful array of vegetables in a light sauce that elevates the everyday to something scrumptious.

Most Canadians don't get enough fibre, which can be found in whole grains, beans, nuts, seeds, vegetables and fruit. This dish will help your family up its daily quota, in the most delicious way.

Add a dark rye or whole-wheat roll, and for dessert, go for frozen yogurt topped with frozen raspberries.

Preparation:

- 1 In a large saucepan, combine potatoes and carrots; add cold water to cover by 5 cm (2 inches) and 2 ml (1/2 tsp) of the salt. Cover and bring to a boil over high heat.
- 2 Uncover, reduce heat and boil gently for 10

Ingredients:

You can use different vegetables: Start with potatoes and add 1.125 l (4 1/2 cups) other vegetables, adding hard vegetables with the potatoes and more tender ones for the cooking time they require.

- 12 baby new potatoes, cut in half
- 250 ml (1 cup) thickly sliced carrots or baby-cut carrots
- 5 ml (1 tsp) salt, divided
- 500 ml (2 cups) broccoli florets
- 250 ml (1 cup) sugar snap

minutes or until potatoes are almost tender. Add broccoli, sugar snap peas and green peas; boil for 3 minutes or until tender-crisp. Drain; set aside.

- 3 Return pan to medium heat; melt butter. Sauté onion, tarragon, remaining salt and pepper for about 5 minutes or until softened. Stir in flour; sauté for 30 seconds. Gradually whisk in heated milk and mustard. Bring to a boil, whisking constantly; reduce heat to medium and simmer, whisking, for about 2 minutes.
- 4 Remove from heat; stir in vegetables and toss to coat. Season to taste with salt and pepper.

- 5 Transfer to a warmed serving bowl and sprinkle with fresh herbs.

THE CANADIAN PRESS

3 life

Check-out tips



Registered Dietitian Maria Thomas offers these grocery shopping tips to help you avoid temptation at the check-out line.

- Before you shop, take an inventory of everything you have in your fridge.

- Make a list of what you need and stick to it.
- Eat before you go — otherwise impulse items will end up in your cart. ■ NEWS CANADA



Alcohol by the numbers: Some people in the industry want nutrition labels on liquor bottles.

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By: Hansel & Gretel

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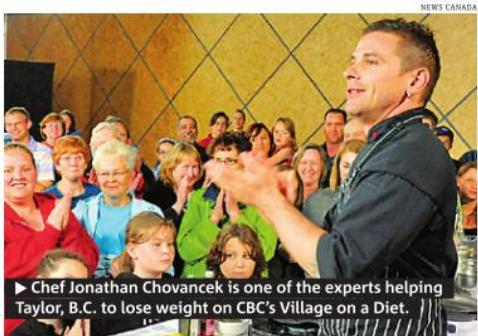
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Go toe-to-toe with fat

► Dr. Ali Zentner, an obesity specialist, shares her weight loss tips

If you're looking to shed some extra pounds, take a few pointers from Dr. Ali Zentner, an obesity specialist who lost 160 lbs.

She, and a team of experts, is currently helping the residents of Taylor, B.C. to shed the pounds on CBC's Village on a Diet. Here are some of her tips.

Don't drink your calories

Cut back on soft drinks, sugar in your coffee, juice and all other sugared drinks. Most of us wouldn't consider eating four chocolate bars a day, but end up drinking the caloric equivalent. When you're thirsty, opt for water instead.

Get some sleep

Studies have shown getting a solid eight hours of sleep reduces your risk of obesity and high blood

pressure. Make sure to take time for some z's. You will not regret it.

Organize a healthy dessert contest at work

Invite co-workers to bring in their favourite healthy dessert and include the nutritional information on a card. It's a fun team building activity — and it won't add to the waistline!

Twist and shout

Put your favourite music on and shake your rump for 10 minutes straight in your living room. Dancing is a great way to raise your heart rate and get all your core muscles working. Sing your heart out, too.

Set goals

It's always a good idea to set a goal when trying to lose weight.

► NEWS CANADA

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The perfect spicy stew for cold nights

► Black beans and spicy sausage over brown rice are an ideal combination

A nice and hot pot of chili or stew, slowly simmering on the stove, is a heart-warming thought. It's also a dinner that requires forethought.

But we've got you covered with this black bean and sausage stew served over brown rice.

The most complicated thing you need to do is brown some chorizo.

And if you want to cut the calories, feel free to substitute chicken sausage.

Also, try andouille sausage, or even a garlicky kielbasa for a slightly less spicy stew.

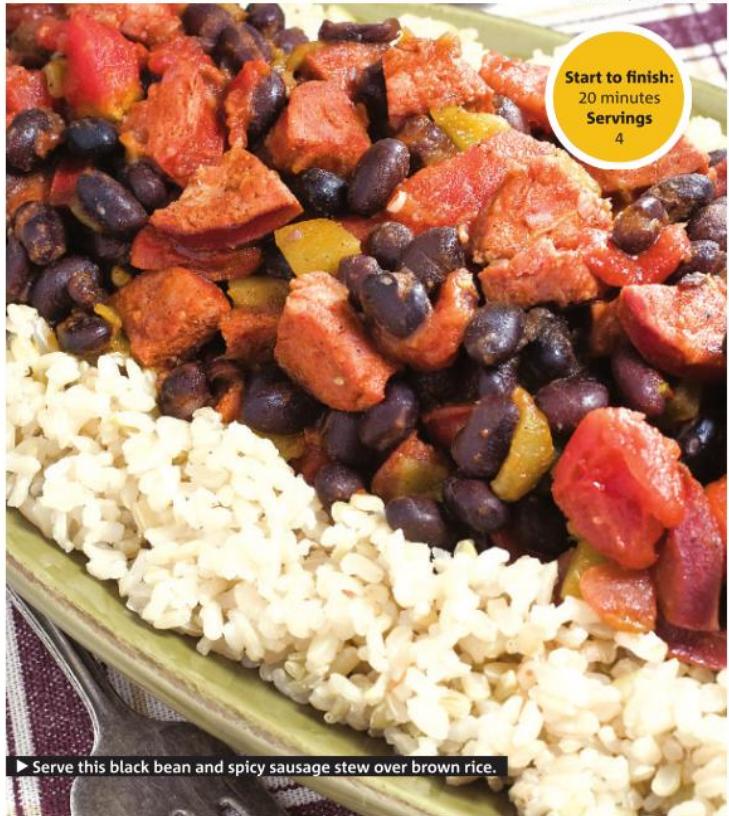
The rest of the recipe is a simple matter of opening some cans and adding them to the pot.

The whole dish can be on the table in about 20 minutes.

Even the brown rice, which normally takes 40 minutes to cook, is instant and can be on the table in a flash.

Ingredients:

- 500 ml (2 cups) instant brown rice
- 350 g (12 oz) chorizo
- 5 ml (1 tsp) extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ml (1/4 tsp) ground allspice
- Two 440 ml (15 1/2-oz) cans black beans, drained and rinsed
- 398 ml (14 1/2-oz) can diced tomatoes with juice
- 110 ml (4-oz) can diced green chilies



Preparation:

1 In a large saucepan, cook the instant brown rice according to package instructions. Fluff the rice with a fork, cover and set aside to keep warm.

2 Meanwhile, cut the chorizo crosswise into 0.6 cm (1/4-inch) thick slices. In a second saucepan over medium, heat the oil.

3 Add the chorizo and sauté until lightly browned, about 2 minutes. Add the garlic and

allspice and sauté for another 30 seconds.

4 Stir in the beans, tomatoes and chilies. Bring the mixture to a simmer.

5 Serve the beans and sausage stew over the brown rice.

THE ASSOCIATED PRESS

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Talented Ashley still producing

► ‘That’s my job,’ teenage winger says of his current scoring binge



MATTHEW
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These may be dark days for the Halifax Mooseheads, but Darcy Ashley's star is shining more brightly by the week.

The 17-year-old right-winger is the Mooseheads' hottest scorer over the past month, climbing to fourth in the QMJHL's rookie scoring race with 15 points in his past 12 games.

As far as Ashley is concerned, it's not an unexpected development. He's always been a scorer, and he averaged almost a point and a half per game in junior A last season at the age of 16.

“That’s my job,” said Ashley, who is second on the Mooseheads with 16 goals and 19 assists for 35 points in 44 games. “If I’m not scoring, then I’m not really doing what I’m supposed to be doing.”

The Mooseheads snagged the Summerside, P.E.I., native in the second round (25th overall) in last June’s draft. He only fell that far because he had a scholarship lined up at the University of Maine, but he turned it down after the Mooseheads picked him.

He’s earned heaps of responsibility with the

Tough weekend

The Mooseheads, 14-29-1-1, are looking to shake off a rough five-game losing streak at the Metro Centre on the weekend.

► They host the Victoriaville Tigres (24-19-1-3) on Friday and the P.E.I. Rocket (21-19-2-3) on Saturday. Both games are at 7 p.m.

Mooseheads, even manning the point on the top power-play unit, and isn’t letting his age — or the fact that he’s the smallest player on the Herd at five foot seven and 172 pounds — hold him back.

“Smaller guys have to play with the cards they’re dealt,” Ashley said. “You have to work harder to prove yourself than a bigger guy would have to. But hard work is something everyone notices.”

Aside from Ashley’s obvious offensive ability, the Mooseheads’ staff rave about Ashley’s grit and determination. They’re also excited about the fact he’ll be around for two more seasons, maybe three.

“His talent and his competitiveness are going to make him successful,” said Mooseheads head coach Bobby Smith. “He’s been a very good player and he just keeps getting better.”



► Mooseheads right-winger Darcy Ashley hasn’t lost his scoring touch despite his team’s struggles.



More sports



Dartmouth half-pipe rider Sarah Conrad didn’t qualify for the final at the FIS world snowboard championships in La Molina, Spain, Thursday and placed 16th overall. The two-time Winter Olympian posted a score of 15.8. Alexandra Duckworth of Kingsburg, Lunenburg Co., placed 14th with a score of 18.9.

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UFC adds to card for Toronto's first event

The UFC has fleshed out its Toronto card, confirming that Canadians Mark Bocek, Jason (The Athlete) MacDonald and Sean Pierson will fight April 30 at the Rogers Centre.

The UFC's "Ultimate Insider" report on its website also said unbeaten light-heavyweight Phil (Mr. Wonderful) Davis will face Matt (The Hammer) Hamill at UFC 129, the promotion's first visit to Ontario.

Bocek, a lightweight from nearby Woodbridge, Ont., will take on former WEC champion Ben (Smooth) Henderson while MacDonald tackles Ryan Jensen in a middleweight bout and Pierson goes against welterweight Brian Foster.

UFC president Dana White previously confirmed UFC hall of famer Randy (The Natural) Couture will meet former light-heavyweight titleholder Lyoto (The Dragon) Machida in the co-main event.

The UFC boss has also said the Toronto card will feature the UFC debut of featherweight champion Jose Aldo, who formerly held the WEC 145-pound title.

White said Aldo will face Mark (The Machine) Hominick of Thanesford, Ont., providing the Canadian beats George Roop on Saturday's "Fight for the Troops 2" card at Fort Hood in Killeen, Texas.

He has not said whom Aldo would face if Hominick loses.

The Toronto card also features a bout between Toronto welterweight Claude (The Prince) Patrick and Daniel (Ninja) Roberts.

THE CANADIAN PRESS



Jiggy open to being traded

Goalie would consider waiving no-movement clause **He's earning more money than every NHL goaltender except Luongo and Lundqvist**

J-S Giguere is willing to consider waiving the no-movement clause in his contract if the Toronto Maple Leafs want to try to deal him before the trade deadline.

With Giguere's former team making a rare stop in Toronto on Thursday, the attention turned to his future with the Maple Leafs. The 33-year-old goaltender is in the final year of a \$24-million US, four-year contract he signed with Anaheim af-

ter winning the Stanley Cup in 2007.

The Leafs are rebuilding and might be inclined to give James Reimer, currently with the AHL's Marlies, another chance to play alongside Jonas Gustavsson. It could leave Giguere as the odd man out.

"I haven't asked, I haven't waived my no-trade," Giguere said Thursday morning before facing the Ducks for the first time.

"I haven't talked to (Leafs GM Brian Burke) at all about it ... If Burke was to come see me, I would owe him the respect to think about it and to talk to my family about it."

It's unclear what kind of a market might be out there.

Groin problems slowed Giguere down after a decent start to the season and his numbers now rank in the bottom third among goalies

— 2.73 goals-against average and .898 save percentage entering play Thursday.

Working in Giguere's favour is the fact he's proven to be a great playoff performer and has a reputation as a great teammate. The Ducks still rave about him, with coach Randy Carlyle saying Thursday: "The day we traded Jiggy to Toronto was the day we lost part of our franchise."

THE CANADIAN PRESS

Top seeds move on in Australian Open tennis

Denmark's Caroline Wozniacki beat Dominika Cibulkova 6-4, 6-3 to reach the fourth round of the Australian Open, avenging a loss last week to the Slovakian.

Wozniacki, playing her first Grand Slam as the world No. 1, advanced to the fourth round for the seventh consecutive major.

Still aiming to win a first Grand Slam title, the 20-year-old can hold onto the No. 1 ranking by reaching the semifinals in Australia.

In the men's draw, Serbian Novak Djokovic advanced Friday after playing just one set in his third-round match against Davis Cup teammate Viktor Troicki. The 2008 Australian Open champion led 6-2 when Troicki retired due to stomach muscle strain.

On Thursday, Rafael Nadal extended his Grand Slam winning streak to 23 matches, beating American Ryan Sweeting 6-2, 6-1, 6-1 in the second round of the Australian Open.

The top-ranked Nadal is aiming to be the first man since Rod Laver in 1969 to hold all four Grand Slam titles at the same time. He's conceded only four games en route to the third round, sealing his win over Sweeting with the last of a blizzard of forehand winners.

After his quarter-final exit at the last Australian Open, Nadal rebounded to win the French Open, Wimbledon and U.S. Open titles.

Bernard Tomic, the last Australian male left in the draw, advanced with a 7-6 (4), 7-6 (3), 6-3 win over No. 31 Feliciano Lopez of Spain.

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Crossword

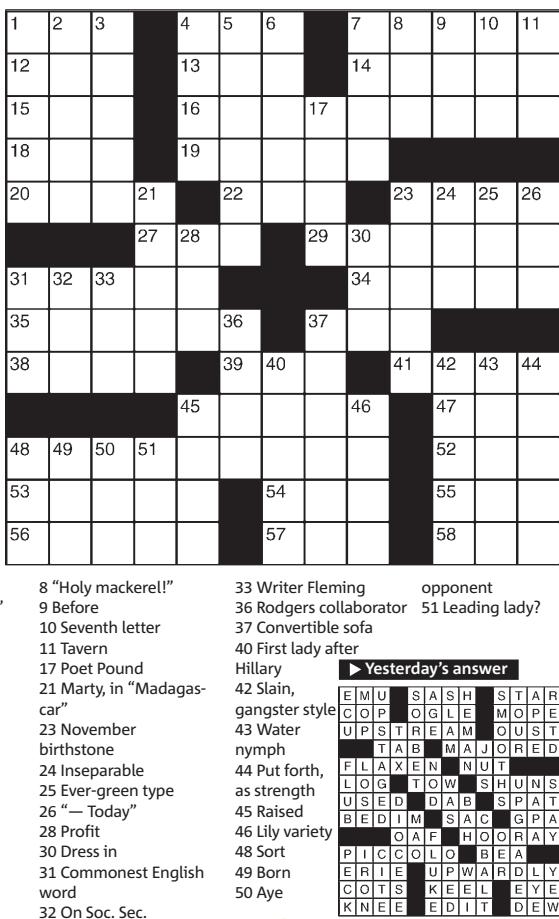
Across

1 Cornfield comment
4 However
7 Nerdy sort
12 Historic period
13 Eventual aves
14 Heart line
15 Benicio — Toro
16 Mentionables?
18 Pismire
19 Fire
20 Bronx cheer
22 Schedule abbr.
23 Bean curd
27 Type measures
29 Handsome lad
31 "Survivor" team
34 Phantom's
bailiwick
35 Fireplace part
37 Modern-day
evidence
38 Sicilian spouter
39 Carte intro
41 Region
45 Donkey's sounds
47 Transmit electronically
48 Flotation device
52 "A pox upon thee!"
53 Go
54 Rule, for short
55 Listener
56 Worked (up)
57 Fuss
58 Banned bug spray

Down

1 Fragrant wood
2 Sports venue
3 Ballroom favorite
4 Nitwit
5 Palatal pendants
6 Turkic tongue
7 Challenge

8 "Holy mackerel!"
9 Before
10 Seventh letter
11 Tavern
17 Poet Pound
21 Marty, in "Madagascar"
23 November
birthstone
24 Inseparable
25 Ever-green type
26 — "Today"
28 Profit
30 Dress in
31 Commonest English
word
32 On Soc. Sec.



Today's horoscope

Aries March 21-April 20 An offer that arrives out of the blue will cheer you up today. In fact, as far as luck goes one of the best times of the year is about to begin. You must have done something to deserve it.

Taurus April 21-May 21 You will get the chance to improve the lot of a friend or relative who has been feeling a bit under the weather of late. Your outgoing, friendly manner is precisely what they need to get their act together.

Gemini May 22-June 21 It's not your fault that something went wrong, but you can be sure that those who are to blame will try to lay some of the guilt at your door. Don't you date let them.

Cancer June 22-July 22 Almost anyone will do almost anything you ask of them. It seems the whole world wants to do you a favour, and being the nice guy you are, you see no reason to deny them what makes them happy!

Leo July 23-Aug. 23 If you don't feel much like making an effort today by all means hold off until your levels of energy and enthusiasm are a bit higher. There is no point doing a job reluctantly and making a poor show of it.

Virgo Aug. 24-Sept. 22 This is potentially a good time for money matters and business issues, so keep your eyes and ears open and be ready to act when opportunity arises.



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Libra Sept. 23-Oct. 23 Set goals you can reach without too much of an effort today. Better still, use your charm and communication skills to get other people to do the hard stuff for you.

Scorpio Oct. 24-Nov. 22 Don't be too tough on yourself today. Not even a Scorpio can get it right every time, so if something you have been working on goes a bit off track don't make a big fuss about it.

Sagittarius

Nov. 23-Dec. 21 If you are told something you don't need to know today, or if you overhear a whispered conversation that was not meant for your ears, it might just be best to forget about it. **SALLY BROMPTON**

Sudoku

7		1	3	9		5
	1			7	2	
		4				
3	6				9	
	4	2			3	1
5				8	6	
		6				
9	3			8		
8		5	7	1		2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

E	M	U	S	A	S	H	S	T	A	R
C	O	P	O	G	L	E	M	O	P	E
U	P	S	T	R	E	A	M	O	U	S
F	L	A	X	E	N	M	A	J	O	R
L	O	G	T	O	W	S	H	U	N	S
U	S	E	D	D	A	B	S	P	A	T
B	E	D	I	M	S	A	C	G	P	A
O	A	F	H	O	O	R	A	Y		
P	I	C	C	O	L	O	B	E	A	
E	R	I	E	U	P	W	A	R	D	Y
C	O	T	S	K	E	E	L	E	Y	E
K	N	E	E	D	I	T	D	E	W	

7	2	8	5	4	3	9	1	6
4	5	3	6	1	9	8	2	7
6	1	9	8	7	2	4	5	3
3	6	4	7	2	5	1	9	8
5	7	1	9	6	8	3	4	2
8	9	2	4	3	1	6	7	5
9	4	6	3	5	7	2	8	1
1	3	7	2	8	4	5	6	9
2	8	5	1	9	6	7	3	4

Today	1/-10°	5-10 cm of snow
	100%	

Saturday	-6°/-16°	Variable



MARKUS SCHREIBER / THE ASSOCIATED PRESS

Caption contest



"I smell a bad hair day coming!"
MARJORIE F.

You WIN! write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my little kitten mondy, ur my heart my mind my wall my being is u I love you more than words can say and even tho I mess up ill never lose sight on my prize which is you...loving you forever and always COOLIEO

Hey Sexy Expert! You add sunshine to my days and I can't thank you enough for that. Please don't ever stop. LOVE, GRUMPY XO

Amma its your birthday, this weekend is the special day. Don't say I never gave you anything- cause many gifts come your way! Begin with the card, and you'll continue to get. My birthday's in 2 months don't you dare forget! ;) Happy Birthday!! FATIMA

Sweetie,
Ex caelis oblatus
You are my gift from heaven! I love you and treasure you for what you are.
SWEETIE

find us follow us
friend us

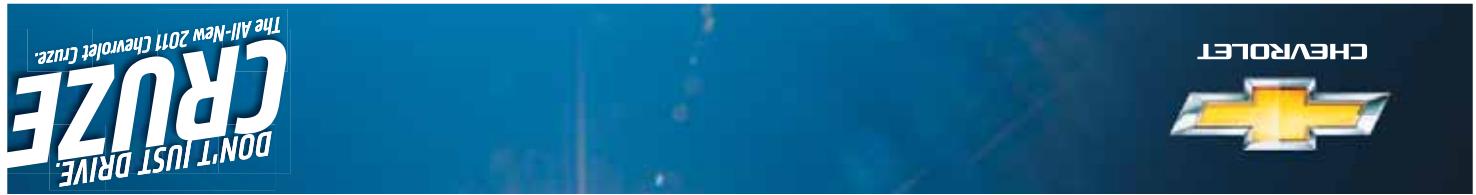
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Feel like everyone's looking at you? They are. But don't worry. It's only because they want your Metro.

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News worth sharing.

1. Word 'bar' removed from awning 2. Red dot added boy's ball cap 3. Red dot on window removed 4. '1' removed from building number 5. 'O' filled in the word Apolo 6. Blue sign removed from wall 7. Driver's side reflector removed from the 2011 Chevrolet Cruze 8. Vent added on red wall 9. Sewer on curb in front of car removed 10. White sticker removed from window



Catalonia, Spain - Even while parked, the all-new 2011 Cruze is a total showstopper outside the Apollo Theatre. With a dramatic presence like this, the Cruze's next stop may be Hollywood.

SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

LOOK AGAIN

